



2017 ATHLETE GUIDE

Welcome to the 5th Annual TriSports.com Sahuarita Triathlon, Duathlon & 5k!

Event Date: May 6, 2017

Location: Sahuarita Lake Park, [15455 S Camino Lago Azul, Sahuarita, AZ 85629](#)

Packet Pick Up:

- Club Rancho Sahuarita, Outside of Front Entrance
- Friday, 5/5, 5:00pm – 8:00pm
- Late registration will be available, cash only please.
- All athletes must bring valid ID and current USAT membership card, non-members should have purchased an one-day membership during registration or can do so during packet pick-up for \$15.

Last-minute packet pick up & registration will also be available on race morning at registration tent, starting at 4:30am, cash only. We cannot guarantee your t-shirt sizing on race morning.

Race Day Parking:

- Parking will be available for free at Club Rancho Sahuarita, please park in designated areas only
- Parking will be open starting at 4:30am

Transition Area:

- Opens at 4:30am
- Open racking of bikes, choose your own location
- Body Marking will be available in transition – “S, O, or SD, OD” (Sprint/Olympic, Duathlon) on right calf, athlete’s age on left calf, bib number on right upper arm.
- Numbered bibs must be worn on run
- Bike stickers must be affixed to the top bar of bike frame
- Helmet Stickers must be affixed to the front of helmets

- Bike racks are up to 4 bikes per rack, alternating sides, 2 bikes on each side
- Front of rear tire may be slid into bike rack, **please be careful not to strike your derailleur on bike rack when using rear wheel**

Event Start Times: *(all times may change as needed)*

- 4:30am – Transition Opens & Last-minute PPU/Race-day Reg
- 5:30am – PPU/Race-day Reg Closes
- 5:45am – Transition Closes
- 6:00am – Sprint Tri & Du Start
- 6:15 – 6:20am – Olympic Tri & Du Start
- 8:30am – 5k Start
- 10:00am – Bike Courses Closed
- 10:30am – Awards
 - Overall awards for male/female Sprint & Olympic Tri & Du
 - 10-year Age Group awards for Sprint & Olympic Tri & Du
 - Overall awards for male/female 5k finishers
- 11:30am – Event Concludes

Required Athlete Code of Conduct:

The team at ADV.FIT believes very strongly in these principles, this is the reason we put on events. Please take a moment and familiarize yourself with these required rules of conduct.

- Respect your fellow athletes, and be appreciative of volunteers – they are here to keep you safe!
- Be encouraging of *everyone* toeing the start line, we all have our own journeys in life and this race is just a very small part of it. Even the smallest bit of support goes a long way.
- **If anyone needs help on the course, help.** Period. Being a decent person is more important than a PR. ***Seriously.***

Safety & Medical:

- **PLEASE NOTE: The bike course is NOT CLOSED TO TRAFFIC.** Police will be present at dangerous areas and street crossings, but that does not mean you can lose your focus on vehicles or ride your bike in the traffic lanes. Stay as far right as possible, and only pass when it is safe – and do so quickly before returning to the far right of the paved surface.
- Please remember, safety starts with you – *please be aware of your surroundings and completely under control on the bike & the run.*
- Please carry water on the bike and the run; it may be extremely hot with no shade. (2) 20oz. bottles are recommended on the bike. There are aid stations at each mile during the run.
- EMS will be located on-site, look for the ambulance next to the red medical tent/flag.

- Police officers will be on-site for traffic calming, but are absolutely available to respond to emergencies and can radio for backup as needed.

Important Weather Information:

In the event of inclement weather, race organizers, safety personnel, and/or police and town/county personnel will make immediate modifications to the course for the safety of our athletes, volunteers, and staff. In the event of any change, we ask for athlete full cooperation and understanding. There are no refunds or transfers if course is altered or event cancelled due to inclement weather or safety concerns due to any adverse weather conditions.

Courses:

Please keep in mind; this is a fun race and not a season-ending championship. There is no prize money on the line or qualifying slots for IM or Xterra – please, please make this a fun and safe race for you and your fellow athletes. Be competitive, compassionate, and courteous.

5k Run Course

- 3.1 mile loop on neighborhood trails, through a park, and on sidewalks.
- Water and FLUID Hydration will be available each mile including the start/finish area.
- There are no restrooms along the 5k loop, only at the start & finish – plan accordingly.
- Miles 1, 2, & 3 will be marked, *10k runners please note mile 1 will be 4.1 on second loop, 2 will be 5.1, 3 will be 6.1.*
- Sprint/5k athletes will proceed through the finish line, Olympic athletes will follow signs/volunteers to Lap s of the run, when completing Lap 2, they will proceed to the finish line.

Sprint & Olympic Duathlon Run Course

- **Both** Sprint & Olympic Duathletes will complete (1) loop around Sahuarita Lake before entering T1.

Transition / T1

- Athletes will enter transition only where directed, and exit transition west onto Sahuarita Rd.
- All athletes **MUST** have their helmet on their head and fastened appropriately before unranking their bike.
- Any athletes attempting to leave transition before their helmet in on their head and fastened appropriately will be stopped and penalized if necessary
- Do not mount bike until *after* passing the “Mount Here” sign

- Upon return, enter transition slowly, and get off bike at “Dismount Here” sign
- BE COURTEOUS OF OTHER ATHLETES IN TRANSITION AS WELL AS THE REST OF THE COURSE. Any physical or verbal abuse of other athletes, staff, or volunteers will be grounds for immediate disqualification and ejection.

IMPORTANT BIKE COURSE SAFETY INFO

- Sprint & Olympic bike courses **are NOT closed to vehicular traffic during the event.**
- Stay to the extreme right of road at all times and be acutely aware of your surroundings with passing other cyclists.
- Announce your intent to pass other cyclists by shouting “on your left”
- Some paved surfaces are very rough and can wear very quickly on soft rubber road tires
- In the event of inclement weather, we may be forced to impose speed restrictions or modify bike courses for safety
- Police & safety personnel will be on-course in dangerous areas, but this **ABSOLUTELY DOES NOT ABSOLVE YOU FROM BEING AWARE AT ALL TIMES FOR VEHICLES, PEDESTRIANS, OR ANY IMPEDIMENT DURING THE BIKE COURSE.**
- **BE SAFE. BE SMART. REMAIN UNDER CONTROL AT ALL TIMES.**

Sprint Bike Course

PLEASE SEE IMPORTANT BIKE COURSE SAFETY INFO ABOVE

- The Sprint Bike Course is a 12.5 mile out & back on Sahuarita Rd and Helmet Peak Rd.
- Please be extremely careful crossing the 19 bridge, specifically the offramp from 19 onto Sahuarita Rd.
- When approaching the 90° turnaround area on Helmet Peak Rd, please follow the direction of the police officer directing traffic; as the roads are NOT CLOSED, the officer may direct you to stop – please obey their commands for your own safety. The roads are open and the police are in-charge.
- Slow down when entering transition, dismount at the “Dismount Here” sign, and re-rack your bike appropriately before heading to Run Out to complete the run course

Olympic Bike Course

PLEASE SEE IMPORTANT BIKE COURSE SAFETY INFO ABOVE

- The Olympic Bike Course is a 25 mile loop from Sahuarita Rd, west to Helmet Peak Rd, south on Mission Rd, east on Duval Mine Road, North on La Canada Rd, East on Sahuarita Rd, then north on Rancho Sahuarita Rd.
- Please be extremely careful on the 19 bridge, specifically the offramp from 19 onto Sahuarita Rd.

- When approaching the end of Helmet Peak Rd. turning south onto Mission Rd. and the end of Mission Rd. turning east onto Duval Mine Rd. please follow the direction of the police officer directing traffic; as the roads are NOT CLOSED, the officer may direct you to stop – please obey their commands for your own safety. The roads are open and the police are in-charge.
- Slow down when entering transition, dismount at the “Dismount Here” sign, and re-rack your bike appropriately before heading to Run Out to complete the run course

Refunds, Transfers, T-Shirt Sizes, & Awards

- TRI PHX LLC / ADV.FIT has a no refund or transfer policy; we’ve ordered & paid for all the materials & permits already to provide you a spot. We’re sorry for any inconveniences if you cannot make it or there are any required course changes.
- Information in this document and course changes may happen without any prior notice, please understand & plan accordingly.
- If you do not attend the race, you may still pick up your medal and/or t-shirt based on availability, by emailing brett@adv.fit. We cannot guarantee sizes or availability after the event.
- We cannot guarantee t-shirt sizes on race morning last-minute packet pick up or race-day registration. Race morning is first-come, first served.
- Awards will not be shipped, you must be present to pick up your awards or have a friend you can trust not to steal your pint glass.

Questions, Concerns, Volunteers, and Free Hugs

When in doubt, give us a shout.

Race owners Brett and Kristen Stewart will be available at packet pick-up on Friday at Club Rancho Sahuarita and all day on-site. We’d love to hear your feedback so we can continue putting on events that our athletes love.

Don’t hesitate to email brett@adv.fit if you have any questions, concerns, or comments about the event.

During the event, we will have numerous safety and staff personnel, EMS, police, and bike help from Bike Doc available – find someone in a red Sahuarita Triathlon t-shirt and ask away.

Information in this document and course changes may happen without any notice, please understand & plan accordingly.